

# THE BLUE BERET

THE NEWSPAPER FOR CIVILIAN, MILITARY  
AND POLICE PERSONNEL WITHIN UNFICYP



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# LEST WE FORGET

By Sgt Erica Hanisch  
UNCIVPOL

It's dark. And quiet. Wayne's Keep Cemetery lies still and silent in the pre-dawn darkness of the 25th of April 1999. Not a breath of air disturbs the immaculately-kept graves. The flags lie limp and motionless, and the Stone of Remembrance, illuminated and standing solid as the centre-piece to the upcoming ceremony, keeps a watchful and proud eye on the scene that is about to unfold before it.

As we arrive, a slight breeze stirs and brings with it an eerie feeling that the souls of the dead have woken and have gathered to take part in the service. Two hundred and ten living souls join them in the ceremony to remember those who have fallen: the ANZACs who landed at Gallipoli at dawn on the 25 April 1915, and all other men and women who have lost their lives in war. It's a proud but sad morning.

The ceremony, officiated by the Reverend Philip McCormack CF (UB), the British Contingent Chaplain, takes place smoothly and without a hitch. Second Lieutenant Adam Weinert, a Lt of the Australian Army, reads from Saint John's Gospel. The ANZAC story, a tribute to those who have fallen, is read by Sergeant Andrew Thorp of

UNCIVPOL and Captain Matthew Boggs, a New Zealander attached to the 47nd Regiment. The Last Post is played, bringing a tear to every eye and a lump to every throat, and after a respectful two minutes silence, George Thorp, a retired 'digger' from the 4th Field Regiment, Artillery, AIF, stands to read The Ode, "Binyon's Lines." It is a very moving moment, given new meaning as it is read by a veteran of New Guinea and Bougainville. I hear many people around me clearing their throats.

After the service, participants retire to the International Mess for a traditional "Gunfire Breakfast", consisting of damper (a type of Australian campfire bread), and tea and coffee laced with the famous Australian Bundaberg Rum. I meet many Australians who have come from all over the world to participate in the celebrations, and all the talk around me is of the ceremony and how moved they were.

This UNFICYP-organised ANZAC day commemoration is a potent reminder to us all, wherever we come from, of all those who have given their lives in an effort to bring an end to war.

*No one has greater love than this  
- to lay down one's life for one's  
friends.*



## Diego Cordovez Resigns

*Statement from New York HQ*

Since April 1997, Mr Diego Cordovez has been serving as Special Adviser to the Secretary-General with the primary task of helping him to promote and facilitate negotiations in Cyprus. The Secretary-General would like to place on record his warm appreciation for the dedicated work of Mr Cordovez over the past two years in carrying on the related functions.

While the Secretary-General has now agreed, at Mr Cordovez' request, to relieve him of his responsibilities with regard to Cyprus, Mr Cordovez will continue to be available to the Secretary-General as Special Adviser, primarily on issues relating to Latin America.

Alternative arrangements will be made to support the Secretary-General as necessary in his continuing efforts to help bring about a settlement in Cyprus.

INSIDE: BB TIPS - PEOPLE - REAL LIFE - CLASSIFIED - SPORT



## THE BLUE BERET

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civilian, military and police  
personnel

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Articles of general interest are invited from all members of the Force. Photographs, together with captions, should accompany the articles.

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## QUOTATIONS

**We must avoid using statistics as a drunk would use a lamp post - for support rather than for illumination.**

**If you have both talent and energy, you will be a king. If you have energy and no talent, you will be a prince. If you have talent but no energy, then you will be nothing.**

## EDITORIAL

The Argentinian Air Force has provided UNFICYP with a helicopter, pilots, and ground crews since September 1994. We took over this responsibility from the British Forces.

Last year, the flight capacity was significantly increased by the acquisition of a Bell 212. This was necessary because the existing helicopter, a small MD 500, wasn't big enough for medical evacuations.

We use the helicopters for medical evacuations, patrolling, transporting personnel, carrying out reconnaissance flights and training. A month ago, we carried out the first night landing in the new helicopter. We are the tenth flight contingent, and on 30 April, we leave Cyprus, handing over to colleagues who will come from Buenos Aires.

My successor, Hector Panaghi, is concerned to maximise training opportunities while he is here. With this in mind, he has come up with a plan to involve the most remote OPs in the landing programme. This will require a lot of extra work, but in the long run, it will strengthen UN Flight's capacity to fulfil its mission: "The support of our soldiers deployed in the UN Buffer Zone".

We at UN Flight are proud of our professional contribution to the UN mission. For the past six months, we have worked with enthusiasm and dedication, and only regret that language barriers have sometimes added to the workload because it has taken us longer to get things done.

Nevertheless, we have, in the end, come what may, got things done! And wish the very best to our successors and all who fly with them.

**Julio Cesar Sorgenti**  
OC UN Flight

La Fuerza Aérea Argentina ha estado proveyendo a UNFICYP de helicópteros, pilotos y personal de apoyo en tierra desde septiembre de 1994. Tomamos esta responsabilidad de las Fuerzas Armadas Británicas.

Durante el año pasado la capacidad de vuelo fue significativamente incrementada por la adquisición de un BELL 212. Esto fue necesario debido a que el modelo de helicóptero entonces en servicio, el pequeño HUGHES MD 500, no contaba con capacidad para realizar evacuaciones médicas. Nosotros empleamos al helicóptero para evacuaciones médicas, patrullaje, transporte de personal, vuelos de reconocimiento y entrenamiento. Hace un mes atrás, realizamos el primer aterrizaje nocturno de BELL 212.

Constituimos el Décimo Contingente de Vuelo, dejando Chipre y traspasando la responsabilidad a nuestros colegas que vienen de Buenos Aires para el próximo 30 de abril.

Mi sucesor, Héctor Panaghi, tiene como objetivo aprovechar su tiempo de permanencia en esta Misión para incrementar el entrenamiento de su personal. Con esto en mente, él arriba a la Isla con un programa de trabajo basado fundamentalmente en la ejecución de operaciones de aterrizaje y despegue en lugares remotos. Para lograr este objetivo sin dudas se requerirá de bastante tiempo de trabajo extra, obteniéndose como resultado final una UN Flight con más y mejores capacidades para cumplir con su misión, la cual no es otra que la de "apoyar a las tropas desplegadas en la Zona de Amortiguación de Naciones Unidas".

Todos los miembros de la UN Flight estamos orgullosos de la contribución profesional brindada a Naciones Unidas. En los pasados seis meses, hemos trabajado con entusiasmo y dedicación, teniendo únicamente que lamentar que en algunas oportunidades las barreras del lenguaje nos impuso sobrecargas a nuestro trabajo diario que ciertamente redundó en tiempo adicional para cumplimentar las distintas exigencias.

Sin embargo, al final, podemos decir que hemos podido cumplimentar todo lo impuesto!. Le deseamos entonces todo lo mejor a nuestros sucesores y a todos los que vuelen con ellos.

**Julio Cesar Sorgenti**  
Oficial Jefe UN Flight

Az Argentin Légi Erő 1994-óta látja el az UNFICYP-et helikopterekkel és az azokat kiszolgáló földi és légi személyzettel. Ezt a feladatot a Brit Hadseregétől vettük át.

A múlt évtől nagymértékben megnöttek repülési lehetőségeink mivel rendszerbe állítottuk a Bell-212-es helikoptert. Erre azért volt szükség, mert az addig egyedülként használt kis MD-500-as nem volt elég nagy sebességszállítási feladatok ellátására.

Helikoptereinket légimentésre, járőrözésre, személyszállításra, felderítő- és gyakorló-repülésekre használjuk. Egy hónapja hajtottuk végre az első éjszakai leszállást az új helikopterrel.

Mi voltunk a 10. váltás, és április 30-án, mikor elhagyjuk a szigetet, átadjuk helyünket Buenos Aires-ből érkező új kollégáinknak.

A következő parancsnoknak; Hector Panaghi-nak, eltekintve szándéka, hogy amíg a szigeten van, a lehető legnagyobb mértékben növelje a gyakorlás lehetőségét. Ezt szem előtt tartva felvázolt egy tervet, mely bevonja a legtávolabbi OP-kat is a tréningezésbe. Ez nagyon sok plusz munkát fog igényelni, de hosszútávon megerősíti a UN Flight képességeit hogy végrehajthassa feladatát: "Az Ütköző Zónába telepített katonák támogatását".

Mi, a UN Flight-nál nagyon büszkék vagyunk szakmai részvételünkre az ENSZ misszióban. Az elmúlt 6 hónapban hatalmas lelkesedéssel és odaadással dolgoztunk. Az egyetlen problémát nyelvi határaink jelentették amelyek néha plusz terhet jelentettek, és miattuk hosszabb időt vett igénybe feladataink elvégzése.

De végülis elvégeztük feladatunk! Kívánunk minden jót a váltásunknak és mindenkinek aki repülni fog velük!

**Julio Cesar Sorgenti**  
OC UN Flight

## BB TIPS: UNFICYP'S COMPUTER USER TIPS

The combination of having desk tops too high, sitting at the wrong angle and your computer placed in bright sunlight can lead to physical problems such as wrist/arm discomfort or back/neck fatigue. Therefore, always ensure:

- ... Your desktop is 60cm-80cm from floor (your upper and lower arms should form a 90-degree angle).
- ... The top of your screen is at, or below, eye level.
- ... Your screen face angle is tilted back 10-20 degrees and placed at right angles to windows and light sources.
- ... Your chair height is comfortable with no excessive pressure on your legs. You should sit with your feet flat on the floor. Use a footrest if your feet are off the floor.
- ... The small of your back is supported.
- ... The keyboard height is level with your arms. Too high? Place pads under your wrists. Too low? Place a pad of paper or a flat piece of wood under the keyboard.
- ... Eye strain is reduced by minimising the glare on your screen (see above), taking short breaks from the computer and by occasionally changing your focus to a distant object.

Zu hohe Schreibtische, nicht verstellbare oder falsch adjustierte Stühle in Kombination mit schlechten Sitzgewohnheiten können zu körperlichen Problemen, wie Schmerzen im Handgelenk oder am Arm, sowie erhöhte Belastungen im Rücken- und Genicksbereich, führen. Deshalb sollte man sich immer vergewissern, dass

- ... die Schreibtischhöhe 60-80 cm beträgt (Ober- und Unterarm bilden einen rechten Winkel).
- ... sich der obere Bildschirmrand entweder auf oder knapp unter dem Augenlevel befindet.
- ... ein rechter Winkel zwischen dem, 10-20 Grad nach hinten geneigten, Bildschirm und Gesicht sowie Fenster oder Lichtquelle entsteht.
- ... die Sesselhöhe komfortabel ist und keinen übermäßigen Druck auf die Beine verursacht. Der Bediener soll auf dem Stuhl sitzen und mit den Füßen flach den Boden berühren. Verwende Fussaauflagen wenn die Füße nicht den Boden erreichen.
- ... das Kreuz unterstützt wird.
- ... die Tastaturhöhe den Armen angepasst wird. Zu hoch? Plaziere Polster unter den Handgelenken. Zu niedrig? Plaziere Stösse aus Papier oder ein flaches Holzstück unter die Tastatur.
- ... Augenschmerzen durch Verminderung des Kontrastes auf deinem Bildschirm, tätigen von Pausen und wiederholtem Wechsel des Blickes auf ein entferntes Objekt, reduziert werden.

La combinación de factores tales como: Tener escritorios demasiados altos, sillas que no son ajustables o incorrectamente regulados y malos hábitos de trabajo, pueden acarrear problemas físicos tales como malestar de brazos y muñecas o dolores de cuello y espalda. Para evitarlos, asegúrese lo siguiente:

- ... La altura de su escritorio, debe tener entre 60cm - 80cm, (permitiéndole apoyar sus brazos con un ángulo de aproximadamente 90°)
- ... La parte superior del monitor de su computadora debe estar a la altura de sus ojos.
- ... La inclinación apropiada para ello, es de 10° a 20° hacia atrás y evitando el reflejo desde ventanas u otras fuentes de luz sobre la pantalla.
- ... La silla a utilizar por el operador, debe tener una altura suficiente, como para permitirle apoyar completamente los pies en el piso. Si es muy alta, use algún cajón o pedazo de madera que le permitan mantener los pies apoyados a la altura apropiada.
- ... El respaldo de su silla debe permitirle que por lo menos hasta la mitad de su espalda esté siempre apoyada.
- ... El teclado debe estar a la altura de sus brazos, apoyados sobre el escritorio. Si es muy alto, ponga bloques de hojas debajo de sus muñecas hasta que pueda apoyarlas a la altura apropiada. Si es muy bajo, coloque bloques de papel debajo del teclado o alguna tablilla de madera.
- ... El cansancio de la vista puede reducirse, manteniendo al mínimo indispensable el brillo del monitor, tomándose unos minutos de descanso y/o apartando cada tanto la vista de la pantalla y enfocando objetos alejados.



BRATCON PROUDLY PRESENTS:

# GOLDILOCKS AND THE THREE BEARS

Bears running through St. Michael's school, chocolate bars flying through the air, and an audience, young and old, really enjoying themselves. That's what the Bratcon actors made happen on the evenings of 23 and 24 April.

Sergeant Ricki Hanisch, director of the play, couldn't hide the fact that she's a police officer. Besides welcoming everybody, she started the evening off with a safety brief.

After three months of learning lines, building sets, sewing costumes, and - most important of all - having a lot of fun, the big night had finally come. Naturally, everything went wrong in the last full dress rehearsal, almost a guarantee for success on the opening night. The actors should be

proud of themselves. "I wasn't even nervous," claimed Christian (Benjamin Black) Bell. And who noticed that voluptuous Sadie was played by male Karl Smith?

It was a great performance and great value for money. All proceeds from the two performances will be used to buy equipment for the Bratcon members.

Pam Kingston, the Bratcon youth worker, explains. "The Bratcon members want a computer so they can access the Internet. But since we are not sponsored, we have to find the money in another way. That's why we decided to organise this pantomime."

The net result was a lot of fun, a great experience and a tidy profit. Stand by: Bratcon is on its way to the World Wide web!



The cast of 'Goldilocks' posing after their full dress rehearsal

## OPERATION OK, PATIENT KO

"Kill it!" was the unanimous verdict from all the veterinarians contacted by the owner of an emu with a broken leg.

Finally, he called for help at Camp Duke Leopold V. Captain Sziwak and Lieutenant Peiritsch, a student of veterinary medicine, drove to the rescue.

They noticed the bird had an open fracture. A 2-cm thick bone stuck out of the skin on its leg for about 15 cm. The claw was dangling merely by the skin and sinews. The victim kept trying to stand up, ramming the exposed bone into the soil.

The case was not a promising one, however, the patient was prepared for transport, a process that involved four men getting an injection into the 2.8 metre-tall and 120-kilogramme bird.

A veterinarian with experience



in operating on similar fractures on dogs tried his very best. Unfortunately, the emu died a few days later. It is not known whether this is in spite of the operation, or because of it, nor do we know if emu has yet appeared on the menu of Camp Duke Leopold V.

Schlachten! Das war die einheitliche Meinung aller Tierärzte als sie wegen des Beinbruchs eines Emu's von dessen besitzer kontaktiert wurden. Um das zu vermeiden wandte sich dieser an die UN und bat um Hilfe. Nachdem es für Sector-4 nichts UN-mögliches gibt, eilten Hptm Dr. Sziwak und Olt Peiritsch (Student der Veterinärmedizin) unverzüglich zu Hilfe.

Am Ort des Geschehens angekommen bot sich folgendes Bild: Der Patient wies einen offenen Unterschenkelbruch auf, bei dem Knochen des linken Beines ca. 15 cm weit herausragte und das Bein nur mehr von Sehnen und der Haut zusammengehalten wurde. Da der Vogel ständig aufzustehen versuchte rammte er fortwährend den freiliegenden Knochen in der Boden, was zu einer starken Verunreinigung der Wunde führte.

Unter diesen Umständen und auf der Grund des Mangels an

geeignetem Schienungsmaterial konnte das Tier von den UN-Helfern lediglich für den Transport vorbereitet werden. Dabei waren 4 Mann nötig um den 2,8m grossen und 120kg schweren Laufvogel eine Injektion zu verabreichen und ihn anschliessend zu verladen. Im Anschluss daran schiente und verband ein einheimischer Tierarzt, der über Erfahrung mit ähnlichen Verletzungen bei Hunden verfügt und entsprechendes Material besitzt, das gebrochene Bein.

Unglücklicherweise verschied der patient trotz internationaler Bemühungen einige Tage später. Ob aufgrund oder trotz dieser Bemühungen ist leider nicht bekannt. Major Obermoser, Wirtschaftsoffizier des Bataljons, verwehrt sich seitdessen entschieden gegen Gerüchte, dass in nächster Zeit der Speiseplan des CDL-V zusätzlich mit Emu-steaks aufgebessert werden wird.

## ABOUT THE UN

### What is the United Nations?

The UN is a unique international organisation of 185 sovereign states (known as Member States). It was founded after the Second World War to maintain international peace and security, develop friendly relations among nations and promote social progress, better living standards, and human rights. UN Member States are bound together by the principles of the UN Charter, an international treaty that spells out their rights and duties as members of the world community.

### Who runs the UN?

The UN can only do what its Member States have agreed it can do. Representatives of the Member States discuss and vote on major issues in the General Assembly. All countries have the same voting rights. No country, however powerful, is able to dictate UN policies single-handedly. The vote of the General Assembly is a good barometer of world opinion and its decisions, though not legally binding, represent the moral authority of the community of nations.

### What does the Security Council do?

The Security Council is primarily responsible for maintaining international peace and security. Meeting on an almost continuous basis, it deals with crises as they arise. Security Council decisions are legally binding, and Member States are obligated to carry them out.

The Council is made up of 15 members: 10 non-permanent members, periodically elected by all Member States for a two-year term, and five permanent members (China, France, the Russian Federation, the UK and the US). Any of these five countries can block a proposal by casting a negative vote, even if the other four permanent and all non-permanent members vote in favour - the "veto" power.

A General Assembly working group on reform of the Security Council is currently considering possible changes to the Security Council. Areas under discussion are adjusting the membership, modifying the veto, and improving working methods.

### What does the Secretary-General do?

The Secretary-General is the UN's top official and its chief administrative officer - the symbol of the organisation to the world. The Secretary-General draws world attention to major global issues, from development to disarmament to human rights, as well as bringing to the attention of the Security Council any problems which threaten international peace and security. The Secretary-General is appointed by the General Assembly on the recommendation of the Security Council. This means that the Secretary-General's selection is subject to the veto of any of the five permanent members of the Security Council.

Solution of last issues "Robbery after the rain": Dyson committed the crime. He could not have heard footsteps or booth door closing when an airplane was taking off.

### Blue Beret Favourites

This issue's candidate for the Blue Beret Favourites quiz is Commander Graham Taylor from UNCIVPOL. His favourites are:

Colour: "Pink"  
Food: "Goulash"  
Place: "UNPA"  
Heroine: "Dame Ann"



# GURKHA SAPPERS WITH UNFICYP

In 1815, when India was a British colony, the Government decided to expand its territory by taking the eastern bordering kingdom of Nepal. An attack was launched, but the campaign collapsed. The Gurkha soldiers were renowned for their ability to move relatively fast with their supplies and to fight with discipline under tough hilly conditions. Having more than proven their abilities, the Gurkhas were invited to become permanent members of the British Army. They've been there ever since.

The Engineer Detachment from the 69 Gurkha Field Squadron, Queen's Gurkha Engineers joined the 47th Regiment Royal Artillery when they came out to become part of UNFICYP. This is, in fact, the third opportunity for the Queen's Gurkha Engineers to serve with UNFICYP. Unlike previous tours, this time there are two Dutch Army Engineers working alongside their Gurkha comrades. The detachment is



*Capt Damar Ghali beside Gurkha Gate*

13-strong with two electricians, two carpenters, two plumbers, one plant operator, one bricklayer, one welder, one painter/finisher, one driver, the Det Comd, Capt Damar Ghale, and his 2i/c.

Their mission is to "provide engineer support to Sector Two (BRITCON) in order to create and maintain safe working conditions for UN operations." So, what have they been doing since they arrived in Cyprus? Capt Ghale says: "In the initial stages, we were extremely busy and our tradesmen worked like headless chickens, trouble-shooting emergency callouts and carrying out maintenance tasks. Due to the age and dilapidated state of the buildings,

there were constant water heater breakdowns and power failure problems. But now, I'm glad to say that we have most situations under control."

The detachment has also carried out a number of minor projects. To name a few, the constructions of a new barrier gate at Wolseley Barracks, now formally known as the "Gurkha Gate", the installation of Buffer Zone "No Entry" signs, refurbishment of OPs, new electrical and plumbing installation works, patrol track repairs, etc.

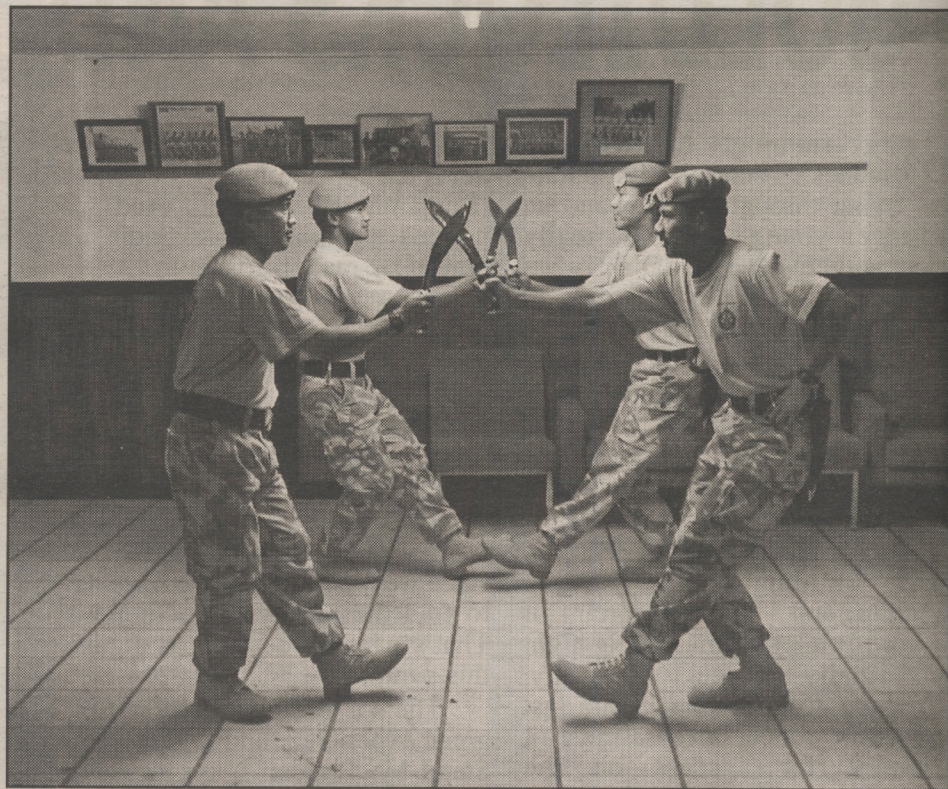
Has their tour been what they expected? "Well", says Capt Ghale, "there was one function here we didn't expect to complete which doesn't exactly come under the "engineering" umbrella. We were requested to perform the *khukuri* dance in the presence of the Chief of Mission to bid farewell to the outgoing British High Commissioner. This is a traditional dance using the *khukuri* knives which are issued as part of the Gurkha uniform, and the dance is accompanied by the *madal*, a drum which is a fundamental instrument in the rhythm of the dance."

How about their spare time? Despite the hectic schedule, they organised a fund-raising event for the Pahar Trust, a charity which helps to build schools in the remote mountain regions in Nepal where the majority of Gurkha soldiers come from. A total of UK£465.85 was raised, which will be presented to the founder of the charity, Mr Tom Langridge MBE, on their return to the UK.

Gurkha men are naturally fit because of the hilly terrain of their homeland - they walk everywhere! All personnel in HQ Sector Two undergo a physical training programme including two days of road runs, one day's circuit training and aerobics once a week. It was not therefore surprising that the 47 Regt RA team, comprising one Brit and three Gurkhas, came second in the Akrotiri 10km Road Race.

Although Gurkha soldiers are very keen on fitness training, they found their first taste of aerobics quite stressful. They all had the impression that this was a somewhat "feminine" form of exercise, but when they tried it for themselves, they found it wasn't quite as easy as it looked. Now they see aerobics in quite a different light and consider that they have learned an extra skill.

Asked what Capt Ghale thinks of his tour in UNFICYP, he says: "Even though the Gurkhas have a different way of life



*The traditional "khukuri" knife dance*

and culture from the British soldiers in 47 Regt RA, we have not had one single problem during our tour. In terms of service, it makes no difference to the Gurkha soldier whether he is in Cyprus, the UK or even Bosnia - we are still away from our

families and country. But I speak on behalf of all the Gurkha sappers in the force when I say that the chance to serve in a peacekeeping mission such as UNFICYP is a privilege, as well as a duty; for us, it is a time we shall never forget."



*LCpl Ramesh and Spr Khum, Gurkha plumbers*

## FINNS ARE BACK IN REBUILDING MISSION

If you walk around the UNPA these days, you could be forgiven for thinking you've gone through a time warp, given the number of Finns you see working around the place.

Finland provided a sizeable contingent to UNFICYP from its inception in the Sixties up until the late Seventies, when it still had 200 men on the ground helping to keep the peace.



But times change, and in recent years, the Finnish presence has been limited to one or two officers helping out with operations, one of the most notable of these being the last but one Force Commander, Gen Ahti Vartiainen.

A Finnish law that states that only 2,500 of its soldiers can serve abroad at any one time has had a lot to do with this given that Finland, a traditionally neutral country, has continued to contribute to the constant needs of UN peace keeping missions throughout the world, not just in Cyprus.

But now the Finns are back in force. Eight of them are carrying out building and repair work in barracks and other buildings within the UNPA before moving out to the sectors to look at what needs to be done to improve living conditions for UNFICYP soldiers serving on the line.

The Finnish team is made up of a Warrant Officer, Rainer Kettunen, and Corporals Ari Ikonen, Jassi Aihio, Jyrki Rasinpaa, Erkki Heiskanen, Harri Tallgren, Kimmo Tuomanen, and Markku Leinonen. They are all either brick layers, electricians, carpenters, or plumbers, and will be out here for a year.



*The engineers in front of the Finnish Memorial, commemorating the contribution of their country to UNFICYP's mission*

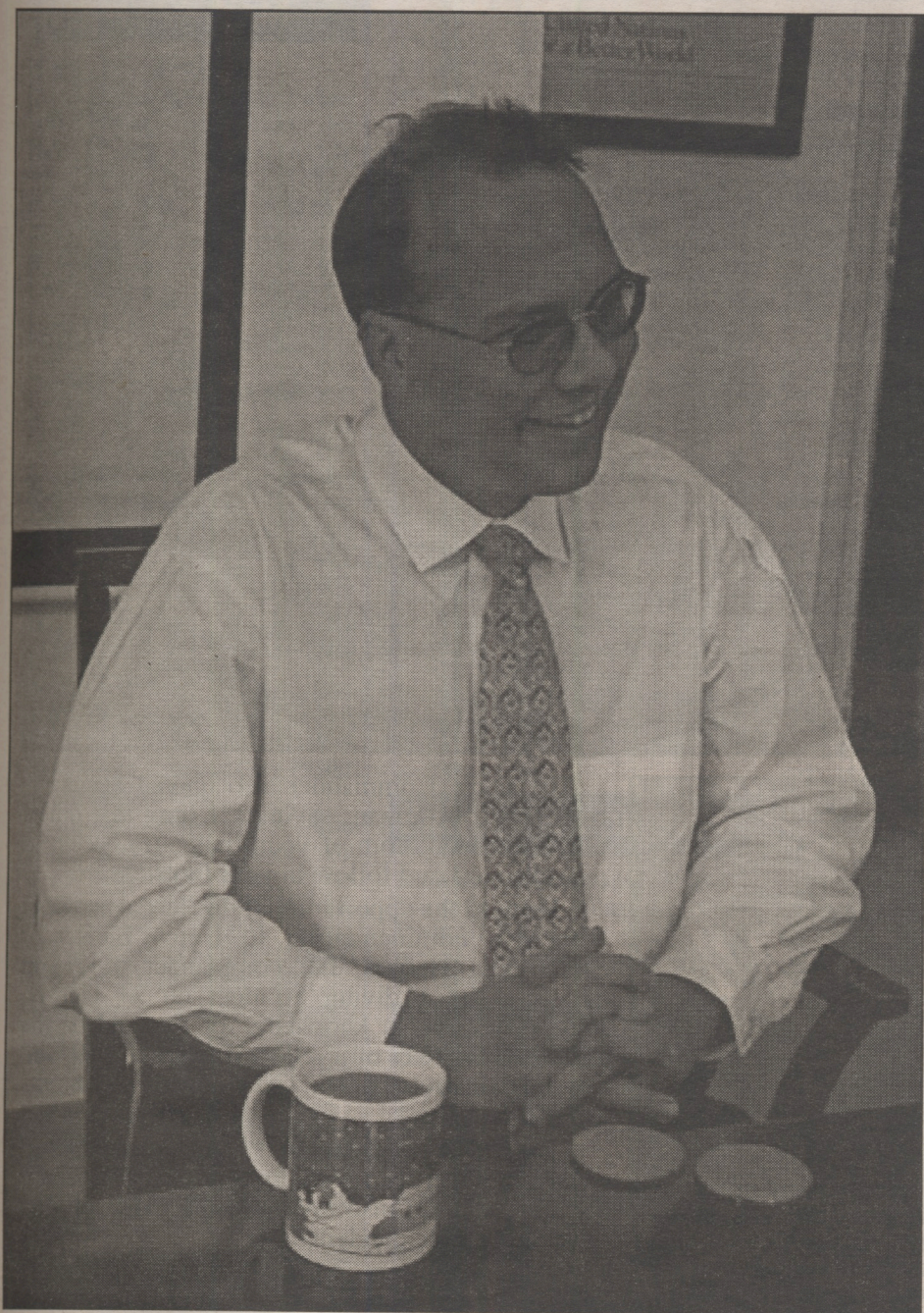
All are veterans of other UN peace-keeping missions, having served in places such as south Lebanon, ex-Yugoslavia, and the Golan Heights. Asked if Cyprus may be a bit too peaceful for them after what they've experienced elsewhere, Cpl Ari Ikonen said: "We've had enough action." He adds: "Cyprus is a different kind of mission. It is almost like civilian work, but the weather is

nicer."

Most of the team are single, but one of the married guys, Jussi Aihio, left his wife and four children back home because he did not want to uproot the children from their schools. Asked why he volunteered for the mission, he appeared to be speaking for Finland in general when he replied: "Peacekeeping is close to our heart."



# PEOPLE



## CLEMENS ADAMS: PROVIDING SUPPORT TO ALL STRANDS OF UNFICYP

Clemens Adams, UNFICYP's Chief Administrative Officer, is a German national whose first "real" job was working with Indochinese refugees in the Philippines. Clemens, who is a qualified mechanical engineer, gave advice on technical installations, building, and infrastructure in a 15,000-person resettlement camp for refugees from Cambodia, Laos, and Vietnam.

From there, he moved to a remote Indonesian island to take up his first UN appointment - with UNHCR, the refugee agency. Looking back at this period, Clemens comments that: "It was a really hard post, that one. I only realised just how hard it was when I did a stress management course in New York a couple of years ago! I recognised an awful lot of the symptoms."

While in Indonesia, Clemens heard that the UN was looking for people to join its peacekeeping mission (UNTAG - the UN Transitional Assistance Group) in Namibia. "Again, my main task was infrastructure and, later, election logistics," explains Clemens. The Namibia mission is often described as one of the UN's more successful peacekeeping efforts. Clemens believes that this is partly due to a general desire in Namibia for this transition, "which had been a long time coming". "What I found very special about this assignment was the way that people worked together. Everyone worked very, very hard, but they enjoyed themselves. There was a great spirit, a wonderful atmosphere."

From Namibia, he moved to New York. "I'd never thought of myself as a headquarters person, but everyone told me I should go, so I did. I ended up spending eight years there - planning and supporting peacekeeping operations around the world. And I'm glad I did it.

What I learned in New York is a huge help to me in the job I'm doing here. My own experience had been mostly on the technical and logistics support side. In New York I came into contact with colleagues from different areas of expertise and picked up a lot from them. And it was an interesting - and busy - time to be there. The peacekeeping business boomed and we set up more than a dozen peacekeeping operations. Some of these were the largest and most complex the UN had ever fielded. At one point we had to deploy five field missions at more or less the same time."

But he didn't spend all his time in the office. He took part in a 10-week training course for senior administrators from field missions, which he describes as "invaluable - it put me in touch with people with an enormous range of experience". He also went on electoral survey missions to South Africa and Eastern Slavonia and played a central role in developing logistic support concepts and related budgets. Just before coming to Cyprus, he was "parachuted" in to help set up a new mission in the Central African Republic. "There were ten of us: seven military and three civilians, and we had to start everything from scratch. It was very exciting." And very different from life here, in a long-established mission with 1,500 personnel? "Absolutely!"

What exactly brought him to Cyprus last summer, one day before the new Chief of Mission? "A mix of experience is important. And I'm very much a family person. Now I'm married and have two young children, it's not that easy to find challenging field posts where we can all be together. Cyprus is one of the few places we can."

He sees his main role here as

providing support so that the different strands of UNFICYP - military, police, and civilian, can all function properly, and ensuring that the necessary resources are available as and when they are needed. At the same time, it is his job to see that UN rules are followed and that Member States' financial contributions are being used prudently. He meets every week with the Chief of Mission and attends all senior management meetings.

He points out that a lot of people working here at UNFICYP are unfamiliar with UN rules. Armies and police forces all have their own regulations and ways of doing things, even though the basic principles are often very similar. "It's often just the red tape that's different, but disentangling the tape can be a real headache!"

What has given him most satisfaction over the past eight months? "I'm happy to see that the mission's senior management (civilian, military and police) working closely together. There's a high level of mutual respect which I believe derives from the very open way in which we all interact."

But he's under no illusions about the difficulties associated with the ongoing integration process. "It's easy to move boxes on an organigram, but to make things work on the ground involves a lot of trials, retrials and fine tuning. In addition, we are having to revise SOPs (standard operating procedures) and review a number of administrative instructions, and this is all very time consuming."

And what does he see as the next big item on the horizon? "The next phase in carrying out the General Assembly's directive that we should pursue outsourcing of general and support services. Earlier this year we carried out

a study into the cost-effectiveness of procuring janitorial services at UNFICYP HQ through a commercial contractor. The study showed that outside contractors could provide a more efficient service and offer better value for money. This means that the contracts of eleven cleaners will not be renewed."

Clemens points out that the local staff union has been constantly kept informed about developments on the outsourcing initiative, and that UNFICYP is making efforts to help affected staff find alternative employment. "Making decisions like this is extremely hard. We know they affect people's lives. It is incredibly painful to know that a decision you make can impact on a family's livelihood. Nevertheless, in today's economic climate, we have to make sure that we are spending the funds we are given in the most efficient way possible. In the case of the cleaners, we found that outsourcing would cost almost 50 per cent less than the old system. On that basis, it would have been impossible for us to justify not outsourcing."

He emphasises that UNFICYP is not cutting costs for the sake of it, but because it has to. "I had to go to New York to defend this year's budget in person. Headquarters and the Member States scrutinise every item in every line, and I have to be able to explain why we're spending every cent we do. This inevitably means we have to change the way we do things. What is encouraging is that people are themselves coming up with ideas of saving in one area so that we can fund other priority tasks."

And one word to describe his job? "Challenging! But maybe that's an understatement! It certainly isn't the 'holiday' assignment some people in New York think it is!"



# NEWS

## SECTOR TWO MEDAL PARADE

# ALL PRESENT AND CORRECT

"*Oefening baart kunst*" is what the Dutch say, or in other words, "training pays off". It was obvious to all present that Sector Two personnel had worked very hard for several weeks to organise a ceremony well worth watching.

The event opened with a rendition on bagpipes from a Gurkha soldier and the excellent drills demonstrated the professionalism of all those on parade. The reception was no less spectacular and was enjoyed by all.

Force Commander Major General Evergisto de Vergara in his speech, pointed out that by presenting this medal: "The UN honours the nobility of the soldiers' daily task and the tireless effort of endless miles of patrolling, displaying constructive impartiality, patience and restraint."



Commander British Forces Cyprus, Major General Angus Ramsay, and Commander 11 Airmobile Brigade, Brigadier General Rein van Vels, present medals to their soldiers

The Force Commander also quoted Secretary-General Kofi Annan, saying: "I pray that others may see the wisdom of your choice (to become a peacekeeper) and follow in your footsteps."

He used the opportunity of this medal parade to present a commendation to Dutch Lieutenant Stefan van Herpen, the commander of Falcon Troop. After a diving accident on 24 January, Stefan applied his knowledge of first aid on the unconscious body of a fellow diver who sadly did not survive, and also showed compassion with the other divers.

Ten other soldiers, both British and Dutch, received a Certificate of Professional Excellence for their actions, instrumental in saving lives after several separate incidents.

Those soldiers who were not on parade received their medal during separate ceremonies the following day. All were encouraged to: "Wear your medal with pride, for your sacrifice, in devoting a part of your lifetime, away from your families. Serving the cause of peace earns you and your nations respect and admiration now and for future generations."

In a few weeks, the new units from the United Kingdom and the Netherlands will arrive to keep up the high standards set by their predecessors.

## THE NEW LIAISON MEN



Two more new faces have recently appeared at UNFICYP headquarters. They belong to Major Juha Mattila from Helsinki, Finland, (right) who arrived a month ago and Lieutenant Colonel David Griffin (left) from County Clare in Ireland, who started work here this week.

They are UNFICYP's new Liaison Officers - Juha liaising with the military in the north, David with the National Guard. Describing the job, Juha explains: "We try to sort things out that haven't been solved at sector level. We also work on issues that are handed down to us by the Force Commander, Chief of Staff and Chief Operations Officer."

David adds: "We make sure that UNFICYP is in daily contact with the opposing forces - either on the phone or face to face. This means that there is a permanent communication channel open."

David has carried out similar work before, for UNDOF (the United Nations Disengagement Force) in Damascus. For Juha, who has a signals background and describes himself as "more of a communications and information systems officer", it's a new - but nonetheless interesting and demanding - experience.

Both officers also act as commanders of their respective contingents. Juha is one of nine Finns, David has eleven fellow Irishmen currently serving with UNFICYP.

And both are keen to explore the island, expressing a shared interest in the history and archaeology of Cyprus. Juha's wife Helena, an enthusiastic historian, is already here, busy delving into the distant past. David's wife Celine and their student sons are due out here later in the summer - "but only for a holiday" says David ruefully.

## Force Commander látogatása magyar kontingensnél



Április 15-én De Vergara tábornok látogatást tett a magyar kontingensnél. Nem hivatalos látogatás volt. Mindenhol magyaros vendégszeretettel fogadták. Elkíserte őt a katonai tanácsadója és a 4. Szektor parancsnoka. KQszQnetét fejezte ki a magyar kontingens munkájáért.



# CLASSIFIED

## ITEMS FOR SALE

### CARS FOR SALE

**Peugeot 405** Saloon GL, white, Nov '88, a/c, radio/cass, duty free. £1,000. Phone (02) 445318 or 664068.

**BMW 525 TDS**, '96, 40,000km, rhd, red metallic, a/c and many other extras, £12,600. Phone M. Schroder, (02) 664362 during working hours.

**Subaru 1.3DL**, white, new brakes and shock absorbers, sun roof, duty paid, £850 O.N.O. Phone (09) 698374

**Lada Niva 1600**, 4x4, cream-white, new gearbox, duty paid, £1200. Phone (09)698374. **Mobile Sandwich van**, new engine and interior, 2 flame gas grill, 2 built in electric fridges. Phone (09) 698374.

**Mazda 626 Estate 2.0 GT**. Genuine 7-seater, a/c, cruise control, electric windows, sun roof, low mileage. Excellent condition. £3,500 ONO. Tel John or Bronwyn Jones at (02) 753001 (O) or 660997 (H).

**Mazda 323**, 1993, white, 4-door sedan. 5-speed, a/c, power windows/locks, new battery/tyres. Very good condition, 60,500 km. Duty free: £1,200 OBO! Available July. Call (02) 776400, Ext 2595 (O) or 352502 (H).

**Volkswagen Golf** automatic saloon, 5 doors, duty free, only 11,750 miles - low price. Call (02) 771834.

### OTHER ITEMS FOR SALE

Black dining table with 8 chairs, new cloth upholstery, £220. Phone (02) 774325 or (09) 614068.

Complete house contents for sale including furniture, carpets, electrical appliances, crockery, crystal, pots pans and many, many extras! Prices are low and negotiable. Make an appointment to view. Tel: Mrs Drogoul at (02) 779910/11/12 (O) or 513039 (H).

## ITEMS FOR HIRE

### HIVE ITEMS FOR HIRE

The NICOSIA HIVE operates a comprehensive loan store. Items available are: VAX machine, child's car seats, pushchairs, backpacks, high chair, travel cots, children's toys and bikes, cool boxes, sun loungers, golf clubs, radio/cassette players, BBQ, etc. Call the HIVE to check availability.

### DISCO FOR HIRE

The UNPA WOs' & Sgts' Mess (The Vic Club) has upgraded its disco equipment to a high standard. This is available for hire for functions etc. The cost of hire is now £50.00 per event. Two DJs are also available and separate arrangements should be made with either DJ regarding fees. Bookings for the disco should be made through the PMC, WO2 Miller on (02) 359760 ext 126 (W) at least seven days in advance.

### HAVING A PARTY?

The Youth Club is now available for hire. Many facilities including new disco equipment and lights, barbecue and plenty of space! Contact Pam on (02) 359112 for more details.

## PROPERTY TO LET

Flat in Lycavitos. Third floor, 3 bedrooms, storeroom, covered parking, c/h, provision for a/c.

Can be let furnished or unfurnished. Rent: £400 (negotiable). Phone Yannos on (02) 344461/09-693993 or Yanna on (02) 864524.

Second floor apartment in Romanos street (Hilton area) for rent. Living room, 3 bedrooms, 2 WCs, bathroom, CH, car park. Rent: £210. Phone Mrs Leto, (02) 374820 or 591153.

First floor house in Strovolos (11 Herodou Attikou St). 220 sq.m. with 3 bedrooms, hall, living room, office, kitchen, 2 WCs, laundry room, garage and c/h. Solar water heater. Rent: £400. Tel: (02) 422516.

3-bedroom penthouse flat to let in Acropolis (Hilton area). 175 sq.m. Sitting/dining room, TV room, study, large kitchen, bathroom, 2 WCs. Fully furnished, including all kitchen appliances. Split unit and separate shower in master bedroom. Large verandah overlooking park. C/h and solar water heater. Available from end May. Address: 2 Ermokleos St. Rent: £425. Call (02) 337044 (O) or 335534 (H).

## PROPERTY FOR SALE

Detached 3-bedroom furnished house in small village, 15 mins from UNPA. Large garden with orange and lemon trees. Phone (09) 698374.

## CHURCH SERVICES

**SERVICES AT ST COLUMBA'S CHURCH, UNPA: ANGLICAN EUCHARIST:**

**Saturday 1 May**, 18:00 hrs. Roman Catholic Vigil Mass

**Sunday 2 May**, 10:00 hrs. Sunday Worship.

**Saturday 8 May**, 18:00 hrs. Roman Catholic Vigil Mass

**Sunday 9 May**, 10:00 hrs. Sunday Worship.

Sector 2 Padré's Office (LPH), tel: 864760/1, Ext 301.

BRITCON Anglican Chaplain: Padré Philip McCormack.

Dutch Chaplain, Padré Peter 't Hoen

BRITCON RC Chaplain - Father Kevin Prince

## FACILITIES

### NICOSIA LIBRARY

The Nicosia Library, 23 Sycamore Road, UNPA. Tel (02) 359317. Many new books now in stock. For the new entrance please follow the arrows round the side.

### Opening Hours:

1000-1300 and 1700-1900 hrs Mon - Fri.

All nationalities are welcome. Huge selection of fiction & non-fiction books for adults and children.

Book search and reservation service.

Language cassettes and books available on long-term loans.

Many music cassettes and books on tape.

Videos now available on loan.

Photocopying at 5c per copy.

Computer & CD-ROM for use with military studies. "COIC Career Builder" programme.

### NICOSIA HIVE NEWS

The NICOSIA HIVE is open for information and advice and is located at 21 Sycamore Road, UNPA (within the Married Quarters area). Tel (02) 359316. The Nicosia HIVE Co-ordinator

is Geraldine McKendrick.

All nationalities are welcome!

Opening Times: Mon-Wed-Fri, 0930-1230 and 1500-1700 hrs.

## SERVICES

### Why don't U.Network@the UNPA?

The next meeting takes place on Wednesday 5 May 1999 at 10.00 hours in the Nicosia HIVE. Come along and exchange news and information with a friendly group of spouses from UNFICYP and diplomatic missions. **Stop press...** There are still a few places left on U.Network's Old City Tour on Thursday 6 May 1999. More info from Helgard Adams on (02) 591933.

### BEAUTY TREATMENTS BY NIKI.

Are your legs and feet ready for spring? Niki will be at the Hive on Friday 7 May. A wide range of facials, manicures, pedicures and waxing treatments available. For appointments or more information, call Niki on (05) 391640 or the Nicosia HIVE on (02) 359316.

**ART FOR PLEASURE.** The new term started on **Tuesday 20 April 1999** at St Michael's School on the UNPA. New students welcome. Cost of course is £20. To register, please phone the HIVE on (02) 359316. Full details from Lindsay Twort on (02) 358611.

**CONVERSATIONAL GREEK.** New term started on **Tuesday 20 April 1999** at the HIVE. Time: 17:30- 18:30 for intermediate and 18:30-19:30 for beginners. Please note that these courses will run subject to sufficient demand. The cost is £20 per course and a small deposit is payable on registration. To register, please phone the HIVE on (02) 359316.

**JUST A SECOND**, the nearly-new clothing exchange in the Nicosia HIVE, **urgently** needs spring and summer stock. Sellers receive 80% of the selling price and the remaining 20% goes to the UNFICYP Community Welfare Fund. So spring clean your wardrobes, make some money and support a worthwhile cause. Opening times are as for the Nicosia HIVE. **A selection of Falcon School uniform is now in stock.** **FED UP WITH THE IRONING BOARD?** Mature British lady takes in ironing. Excellent service, reasonable rates. Tel: (02) 661787.

### SANDRA'S HAIR FASHIONS

Sandra's Hair Fashions is situated at 21 Sycamore Road on the Married Quarters Patch. Open Mon-Fri between 0900-1800 hrs. Tel: (02) 776454.

### ENGLISH LESSONS

Qualified and experienced teacher available to teach English to small groups or on a one-to-one basis. Tel: (02) 772991.

**MATURE BABYSITTER** Reliable, mature lady available for babysitting. Tel: (02) 623850 after 1600 hrs.

### EVENING BABYSITTING AND ASSISTING AT PARTIES

Lady available for evening babysitting and assisting at drinks/dinner parties. Tel Maroulla: (02) 330296 after 1600 hrs.

**UK-TRAINED SEAMSTRESS** available for alterations, zip replacements, costume making, etc. Also specialises in beautiful creative home fabric decorations. Contact Stella on (02) 491840.

**JOB WANTED:** Woman is looking for houses, offices and staircases in Nicosia + area to clean. Own transport available. 12 years experience. Call (02) 433811)

### BRITISH TRAINED SEAMSTRESS

Specialises in dressmaking for formal occasions, ball gowns, wedding dresses and outfits, etc, also alterations and repairs. Mrs Chris Broad. 28 Vyzantiou Street, Ayios Dhometios, Nicosia (close to UNPA, near Astra garage). Tel: (02) 773206.

## MISCELLANEOUS

### TEDDY TOTS PLAYGROUP, UNPA.

Children from the UN and international community are most welcome. Ages: Two to rising five. Excellent facilities, air-conditioned, follows English preschool curriculum. Small numbers in class. For further information Tel: (02) 359655 (school) or 359225 (home).

### "BRATCON" YOUTH CLUB.

If you are aged between 8-16, and want to have some fun, "BRATCON" is the place to be seen. We are open on Tuesdays and Fridays from 6-8.30 pm at St Michael's School in the UNPA. Our club is run by volunteers. We do everything from sporting activities to staging our own pantomime.

Come along and make some new friends. For further information, contact Pam Kingston on (02) 359112, or pop in on one of the nights that we are open and find out for yourself. Membership is £1.50 per term or £4 annually. Nightly subs - 50c for members and 75c for visitors.

### VOLUNTEERS URGENTLY NEEDED.

The "BRATCON" Youth Club urgently requires new volunteers to help out at their twice-weekly sessions. If you have some free time and would like to work with a bunch of happy kids, please contact Pam on (02) 359112 for more information. Don't delay - pick up the phone NOW.

### NICOSIA LIBRARY

### RESULTS OF THE BOOK REVIEW COMPETITION

**The winners** in the different categories are: Laura Themis, Martin Adams, Emily Rose Carter, Michael Murray and Anne Partelides. **Runners-up:** Poppy Carter, Alex Themis, Chris Kingston, Jamie Green, Frances Carter, WO2s Bayliss and Brierley.

All library members are invited to the prizegiving at the Nicosia Library on Tuesday 4 May at 1700.

**Summer opening hours now effective.**  
**10.00-13.00 & 17.00-19.00**

### THE NICOSIA DOG SHELTER

requires a trainee volunteer for mornings with a view to full/part time paid employment in March/April. Call (02) 359010.

It also desperately needs good homes for its many dogs and volunteer help at the Shelter. The Charity Shop is open daily and needs donations of good clothing, household items, bric-a-brac, etc.

*Please call (02) 369568 and help to support a good cause.*

To advertise in the Blue Beret, send your ads to the Public Information Office at HQ UNFICYP or e-mail to [blueberetcyprus@hotmail.com](mailto:blueberetcyprus@hotmail.com).

## TRAVEL TIPS

### A Brief View of Jordan

Jordan is a land of ancient heritage with a history as old as time itself. The country, also known as the Hashemite Kingdom, is a mere 45 minute flight away and yet full of stark differences.

### Main Places to Visit:

- The Nabatean City of Petra (2-3 hours from Amman) is the most famous sight and an experience not to be forgotten. The city is hewn from solid pink rock.
- The Red Sea at Aqaba.
- Jerash (½ hour from Amman) is the ancient Roman City which has survived an incredible 2,300 years.
- The Crusader Castles
- Madaba and Mount Nebo where Moses first looked over to the Promised Land and is also buried.
- The briny Dead Sea, the lowest point on Earth.
- Wadi Rum, the largest and most magnificent of Jordan's desert landscapes (where the famous Lawrence of Arabia was filmed).

**Transport.** Local transport is cheap. Yellow government taxis are reliable and run on a meter.

Public transport is not recommended as buses do not have set schedules.

If you hire a car (right-hand drive), you can go as you please. It is very easy to drive from Amman to Petra and from Petra to Aqaba.

**Where to Stay.** Hotels in Jordan vary from 5-star to budget hotels. Prices start from £10 to £40 with breakfast.

**Currency.** The Jordanian Dinar. You can order dinars in advance from your bank, alternatively you can take US dollars and change to dinars in any local bank.

**Visas and tax.** All nationals require visas and prices vary. Check with the Jordanian Consulate before departure.

On departure from Jordan, everyone must pay departure tax at Queen Alia Airport (approximately Jod 10).

**Final Words.** Jordan is a great country for any traveller to visit, whether on a short break to see the great sights or for a more relaxed stay in Aqaba (Red Sea Resort). The locals are very friendly and speak English. Local Arabic food is delicious.

Good buys include sand bottles, handmade glass, jewellery, rugs and spices.

**Ahlan Wa Sahlan! Welcome to Jordan!**  
"Travel Tips" prepared by Penny of Chronos Travel



# BLUE BERET SPORTS SECTION

## LARGE UN PARTICIPATION IN VIVICITTA RUN

A brief announcement in the previous issue of *The Blue Beret* was enough to attract over 30 UN personnel to take part in the international Vivicitta-run on 18 April.

About 20 Argentinian soldiers left their camp in Skouriotissa early Sunday morning to reach the Strovolos athletics grounds behind the English School in time. Other runners were already warming up, helped by the good weather. An early-morning temperature of 28 degrees made it clear that to avoid dehydration, a good drinking discipline was necessary before, during and after the race.

At 10.30 hours, the participants started off on their 12-kilometre run, fighting the heat, the hills and their opponents.

First, all had to do two-and-a-half laps on the circuit. Dutch Major Paul Kolken immediately took the lead, but before long, several younger runners overtook him. Before finishing, 14 altogether would do so.

One of them was the then unknown Austrian Korporal Patrik Malek, who only needed 46 minutes, 12 seconds to come first in his age category. (See: *Future Mr Iron Man*, above right).

The Civil Affairs branch was represented by John Galvin and Danny O'Flynn. Normally, their colleague, Madeline Garlick, would certainly have participated. But this time, she had a very good excuse: taking part in the London Marathon. Madeline did very well and finished in 3 hours and 55 minutes. Her comment: "Running the marathon was all right. The hard part was rushing back to Cyprus, being confronted with delays and not being able to sleep. But I made it in time for the Monday-morning briefing!"



## THE FUTURE MR IRON MAN

"Not very hard to do," said Austrian Korporal Patrik Malek, when he heard the winning time of last year's Famagusta Old City run.

If you don't know Patrik, you might think this sounded a bit arrogant. But Patrik is a very good sportsman with an enormous endurance capability. His favourite sport is the triathlon, and he wants to compete in the one and only real Iron Man Triathlon in Hawaii next year.

To be able to swim 3.5km in open water, to ride 180km on a bicycle and to run a whole marathon (42.2km), you need to train hard. "I want to finish within 10 hours," says Patrik, "so at home, my weekly training includes 15 kilometres of swimming, 400 kilometres on a bicycle and 100 kilometres of running. I hope to find the appropriate training facilities in Cyprus to train in my spare time."

Certainly not the first weeks of his tour. Sector Four conducted an extensive training phase after the new rotation came in. But expect to see more reports about the fast iron man from Knittelfeld, Austria, on this page.

Als der Österreichische Korporal Patrik Malek die Vorjahressiegerzeit des Altstadtlaufes in Famagusta hörte, sagte er: „Nicht sehr schwer zu machen“.

Wenn Sie Patrik nicht kennen, würden Sie denken, daß das ein bißchen arrogant klingt. Aber Patrik ist ein sehr guter Sportler mit einer enormen Ausdauerfähigkeit.

Sein bevorzugter Sport ist Triathlon und deshalb will er am einzig wahren Triathlon nächstes Jahr in Hawaii teilnehmen.

Um 3,5 km im Wasser zu schwimmen, um 180 km mit Rad zu fahren und einen ganzen Marathon (42.2 km) zu rennen muß man hart trainieren.

„Ich will es innerhalb von 10 Stunden schaffen“ erklärt Patrik, „zu Hause schließt mein wöchentliches Training 15 km schwimmen, 400 km Rad fahren und 100 km laufen ein. Ich hoffe ich finde die geeigneten Trainings-gelegenheiten in Zypern um in meiner übrigen Zeit zu trainieren.“

Bestimmt nicht in den ersten Wochen seiner Dienstzeit. Sektor-Vier leitete eine intensive Trainingsphase nach der neuen Rotation ein. Weitere Berichte über den schnellen Iron man von Knittelfeld, Österreich, auf dieser Seite.



Come on Patrik, get changed and start training.....

## BOATING IN THE "IN VICTA" BAR

The Gurkha Sappers have organised a number of social events and entertained numerous personalities within UNFICYP over the past five months. In their typically hospitable fashion, these events always start with the traditional Gurkha curry, followed by a variety of entertainment. Events included typical Nepalese dancing, pool, darts, and the "balancing boat".

The latter is perhaps the most unusual. As you can see from the photo (right), the competitor (in this case, the Regimental 2i/c) sits in the boat with a simulated paddle and four targets in front and two at the rear. The point of the game is to knock as many targets down within a given time frame - the individual who knocks down the most wins.



## "NO WALK IN THE PARK"

A total of 28 teams gathered early on 17 April at the Episkopi Albatross Club to take part in the 12 Signal Unit Walkabout competition. Among them were seven UNFICYP teams: five male, one mixed and one female.

The three-member teams set off for a cross-country orienteering over a 40 to 50 kilometres course. Diana Bridger and Gunners Sarah Phillips and Nicola Burgum joined Thea Joynes from the UNFICYP mixed team training. Twice a week for a month, they ran in rain, wind and even snow. The benign chatter, of what RSM Stephen Roworth described as the "sewing circle", kept the women going and probably kept the men away from training with them!

Following an equipment check to make sure each team had water bottles, waterproofs, whistles, compass, first aid kit, and torch, competitors were bussed out to a spot in the Troodos mountains, just north of Kapilio.

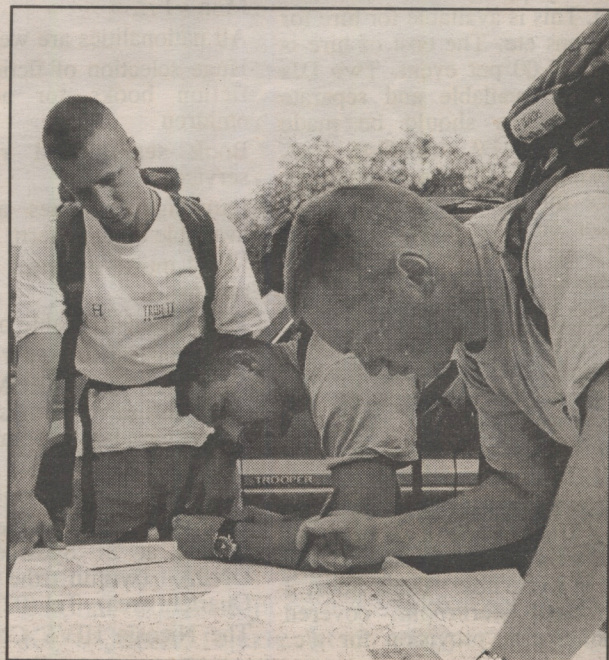
From here competitors had to navigate through five checkpoints back to the Albatross Club. Was

it quicker to climb straight up through the vineyards or to find a track and run on that? A quick check in, water refill and off to Khalassa, the next checkpoint. False summits, daunting climbs, gorse undergrowth and lots of scratches were obstacles on the way to glory.

But there were also magnificent views, breathtaking nature and a fair bit of ancient history. Behind Curium, the old cobbled Roman road to Paphos led the competitors back to Episkopi.

Two hours after the EPI RUNNERS reported back in, the UNFICYP women claimed fourth place overall. They had to wait 100 minutes to see the mixed team finish. All five other UN teams were still competing. Falcon troop demonstrated the need for helicopters in this terrain: they didn't have any, and finished in a time of 10.38 hrs.

As Lance Bombardier 'Si' Young commented: "It was a good day, a chance to brush up on map reading and to have a beer afterwards. If nothing else, it provided a change of scenery from the line."



The Dutch, plotting their grids